



## Think Your Drink

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110



### Food Label Fun

Serving sizes help us make smart choices. Let's look at the food label example on this page. The package has 2 servings. The serving size says it is 1 cup. So if you ate the whole package, you would have eaten 2 servings or 2 cups.

Now look at the calories for 1 serving. It has 250 calories. So if you ate the whole package, you would have eaten 500 calories!

$$2 \text{ servings} \times 250 \text{ calories} = 500 \text{ calories}$$

Those calories really add up if you eat the whole package, so always check the label!

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### Now take a look at your label and practice!

#### Look at the servings information.

How many servings are on the package? \_\_\_\_\_

What is the serving size? \_\_\_\_\_

#### If you drank the whole container, how many calories would you have drank?

Number of calories per serving \_\_\_\_\_ X number of servings in the package \_\_\_\_\_ = \_\_\_\_\_ calories

#### If you drank the whole container, how much sugar would you have drank?

Grams of sugar per serving \_\_\_\_\_ X number of servings in the package \_\_\_\_\_ = \_\_\_\_\_ total grams of sugar

Now let's calculate the **teaspoons of sugar** per package.

Total grams of sugar \_\_\_\_\_ / 4 = \_\_\_\_\_ teaspoons of sugar.

Now let's graph the percentage of fat, carbohydrates, and calcium that our drink contains.

Look on the right side of the label to see the percentage. Then multiply by the number of servings per container to get the total percentage.

Graph your results on the right!

